

# Health Promotion & Wellness

November/December 2020

## November is Tobacco Free Living Month

Experts say any day is a good day to address tobacco use and to quit using any of these products. Special days to promote this theme may include Veteran's Day (11th) and the Great American Smoke Out Day (19th). Activities, resources and materials to help you with your efforts may be found at:

[NMCPHC November Toolbox](#)

[CDC Celebrate Veteran's Day](#)

[CDC Smoking and Tobacco Use](#)

[DOD You Can Quit2](#)

## Thanksgiving Dinner Safety

The US Fire Administration recognizes that Thanksgiving is a time of food, fun, and fellowship with loved ones. They offer the following helpful tips to those who plan to deep-fry a turkey for Thanksgiving:

- Never use turkey fryers in a garage or on a wooden deck.
- Make sure the fryers are used on a flat surface, and never leave the fryer unattended.
- Never let children or pets near the fryer even if not in use. The oil can remain dangerously hot hours after use.
- Make sure the turkey is completely thawed, and be careful with marinades. Oil and water do not mix, and water will make oil spill over causing a fire or even an explosion hazard.

## Blue H Update

**2019:** This announcement is now up on our [Blue H Webpage](#)! Congratulations to the 506 commands awarded!

**2020:** There have been challenges with getting to the Health Risk Assessment (HRA) that is required for getting the higher award levels. There is a 'Blue H HRA Changes 2020' link on the Blue H Webpage for grading changes we are allowing for the 2020 Blue H award year. This will accommodate those commands who cannot access the survey. Our team is actively working on the future of the HRA.

If your command has not yet received their award package, let us know. Several packages have been returned.



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## December is Impaired Driving Prevention Month

Every December the wellness and readiness focus is upon responsible use of alcohol, medications and safe travels. Resources to support this campaign are available at:

[NMCPHC December Toolbox](#)

[Navy Alcohol Abuse Prevention](#)

[DOD Own Your Limits](#)

## Drowsy Driving: Drive Alert and Stay Unhurt

Fatigue has costly effects on safety, health, and quality of life. Whether it is caused by sleep restriction due to a new baby, a late or long shift at work, hanging out late with friends, or a long and monotonous drive for the holidays - the negative outcomes can be the same. These include impaired thinking, motor vehicle crashes, workplace accidents, and bad health effects

- Avoid fatigue by getting adequate sleep on a daily basis. This is the true way to protect yourself against the risks of driving when you are drowsy. Aim for 7-8 hours of sleep per night.
- Avoid drinking any alcohol before driving. This can increase sleepiness.
- Check your medication labels to see if they can cause you to be drowsy.
- Avoid driving during the peak sleepy periods (midnight—6am). If you must, stay vigilant for signs of getting sleepy such as crossing over roadway lines or hitting a ruble strip, especially if you are driving alone.

## Health Effects of E-Cigarette Vaping Course: November 10th

[Registration](#) is now open for the November 10, 2020, Special Feature Webinar, Health Effects of E-Cigarette Vaping: Relevance to Force Readiness and Resilience. This webinar will take place from 0900-1050 (ET) virtually via Adobe Connect and participants will have the opportunity to earn up to 1.5 Continuing Education (CE)/Continuing Medical Education (CME) credits.

This event will highlight the adverse health effects of Electronic Cigarettes (E-cigs) and explore the impact of E-Cig use on Force Health and Readiness. Public health policies and regulation of e-cigarette enterprises will also be discussed. The primary focus of this event aims to enhance the quality of patient outcomes and population health by providing advanced CE/CME opportunities to improve the practice, skills, and knowledge of health care providers across the Military Health System (MHS)



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## NMRTC Annapolis Motivating During the Pandemic

Naval Medical Readiness and Training Center Annapolis (NMRTCA) found a great way to keep their staff moving during the pandemic. Since gyms and group physical training were unavailable, HM1 (AW/SW/IW) Omar Garcia at NMRTCA teamed up with Health Promotion to challenge the walking and running clubs. They started with a 25-mile club which challenged participants to run or walk 25 miles in a month. This was a fairly easy goal for those just starting, but a little too easy for seasoned runners. The next month they added a second challenge option of 40 miles. The third month, they increased the 40 mile challenge to 50 miles and plan to increase this one by 10 miles each month. They are having a great response!

They used a free app that logs miles walked or ran (there are many to choose from). HM1 Garcia created the challenge in the app they chose which was supported by the command. Advertising was emailed to all hands two weeks before the challenge, again at one week prior and the day before the challenge. Leadership agreed this was a great way to keep staff moving to prevent active duty getting behind in standards and the civilians could also benefit. The Commanding Officer awarded active duty members who completed the challenge with a half day special liberty at their supervisor's discretion. Civilians received recognition a shout out in the command newsletter and a certificate. In the first month of the challenge, 30 people completed the 25 mile challenge and in the second month, 20 people complete the 40-mile challenge and 5 completed the 25-mile challenge! This has been great way to increase morale and camaraderie at the command while earning Blue H points.

## Healthy People 2030: Building a Healthier Future for All

Healthy People 2030 sets data-driven national objectives to improve health and wellbeing over the next decade. Most Healthy People 2030 objectives are core, or measurable, objectives that are associated with targets for the decade. Core objectives reflect high-priority public health issues and are associated with evidence-based interventions. Most Healthy People objectives measure progress towards a target over time, but some aren't measurable or have other limitations. Developmental objectives represent high-priority public health issues that are associated with evidence-based interventions but don't yet have reliable baseline data. Research objectives represent public health issues with a high health or economic burden or significant disparities between population groups, but they aren't yet associated with evidence-based interventions.

Evidence-based resources available are published reviews of studies and interventions to improve health. They are organized into intuitive topics so you can easily find what you are looking for. Pick a topic your command is interested in and explore relevant resources that can help achieve Healthy People 2030 objectives. Topics included are health conditions, health behaviors, populations, settings and systems, and social determinants of health.

## Health Promotion Basics Class on JKO—SOON!

The NMCPHC HPW staff has been working hard to get the Health Promotion Basics class on JKO and we hope it will be completed really soon. As soon as it does, we will send out a "Blue H News" email to let everyone know. If you are not on this list and are on the Blue H team, let us know so we can add you.



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## Women's Health Training Offered Virtually through December 21st

The national rollout for VA's Women's Health Transition Training program (WHTT) expanded to more than 100 training sessions this year across the U.S. and overseas including locations in Germany, Japan, and Hawaii. More than 450 servicewomen have already received training this year either in-person or virtually.

With the COVID-19 pandemic, we are living in unprecedented times right now. Servicewomen need to know what health services are available to them when they transition. This live interactive online training session will explain how to enroll in the VA, resources available, and women-focused healthcare services available at the VA.

Every training is led by a woman Veteran who actively uses VA health care services. All servicewomen are encouraged to register and attend any virtual training. Participants are not limited to trainings in their own time zone. Start preparing for your future, and register for an upcoming training today at [www.va.gov/womenvet/whtt/](http://www.va.gov/womenvet/whtt/).

For questions or further assistance, contact [info@whttforyou.com](mailto:info@whttforyou.com).

## Take Care of Your Body During the Holiday Season

The Navy Operational Fitness and Fueling System (NOFFS) produces high results both for commands and the individual wanting to stay fit. With physical fitness testing cancelled for much of the year, it is a good time to back into your NOFFS app to pick a routine that works for you. Looking for some motivation? Check out this [video](#)!

**NOFFS Command Success:** Recently the Naval Diving Salvage Training Center recognized great improvements with their program by participating in NOFFS. Naval Diving Salvage Training Center (NDSTC) Tactical Human Performance Program demonstrated physical performance improvements of 16% in FY19 with an averaged reduction in musculoskeletal injuries of 34% from FY 17-19. NDSTC is the dive school for the Department of Defense (DoD) training all divers except US Navy's SEAL/SWCC and Army Special Forces. Approximately 1400 students throughout DoD attend NDSTC annually.

**Detraining:** The pandemic may have reduced the amount of time individuals have devoted for personal exercise. It's important to stay healthy and fit during this time of social distancing and especially during the holidays. Many Sailors and Marines have set up a personal NOFFS exercise area in their homes. Personal equipment required is minimal and can be purchased through on line shopping or at your local Navy Exchange.

**Download NOFFS:** This can be used at any location, anytime of day through the free app. Use this QR code to access the website to download the NOFFS apps on any device!

There are several programs to choose from:  
NOFFS Operational, NOFFS Strength; NOFFS Endurance, and NOFFS Sand Bag series.



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## Mental Fitness Affects Injury Recovery

Every year, thousands of Military Service Members suffer new injuries and continue to deal with old injuries. Musculoskeletal injuries, such as sprains, strains, and general pain are a leading cause of lost-duty time. They also play a big role in the mental fitness of those who are injured.

Much like athletes can have identity issues when they're injured, Sailors and Marines can face similar problems. They might perceive [stigma](#) about being injured or other problems from reporting their injuries. If negative ideas about injury influence when you seek treatment, your injury could get worse and recovery could be drawn out. You might have trouble with your confidence, anxiety, mood, concentration, and other areas of mental fitness.

### Injury psychology

Musculoskeletal injuries are more complex than just damage to your body. They can be devastating. Not only physically, but psychologically and emotionally too. Injuries can be seen as a shot to your identity and create the idea you're weak, "soft," or unwilling to put unit and mission above yourself. These perceptions aren't always accurate, but that doesn't stop people from thinking them.

After injury, it's common to feel depressed and anxious, even at low enough levels you wouldn't likely be diagnosed. As a Sailor or Marine, you might worry about possible profiles and negative impacts to your career if you admit you're injured. Even when you return to full duty, it's still common to feel worried about getting reinjured, not performing at pre-injury levels, or just appearing as unfit.

### Coping after injury: Learn more about your injury

You can improve your rehab results by learning about what damage occurred to your body, how it's typically repaired, and how long the rehab process might take. By fully understanding the injury and rehab process, you can set clear expectations about recovery, which can improve your physical and mental health.

Setting realistic expectations also can help manage "fear-avoidance beliefs" and pain or injury "catastrophization."

- [Fear avoidance](#) is the tendency to avoid certain actions you're afraid will make your pain or injury worse. High levels of these beliefs can actually slow the recovery process when someone avoids the very exercises that can help.
- [Catastrophization](#) is when someone has an overly negative belief about pain or injury. For example, you might say, "This is the worst thing that could have happened to me" or "This will absolutely disqualify me from special duty"

Get the facts about your injuries and specific condition from your medical provider. If you decide to look up information on the Internet, be extremely careful to choose reputable, vetted sources. Be sure to take notes and ask questions when you see your rehabilitation team.



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## Mental Fitness Affects Injury Recovery (Continued)

### Think optimistically

[Optimistic thinking](#) involves focusing on where you have control in a situation and accepting what you don't. This is especially important when you're recovering from an injury because it can help combat the negative thoughts that can arise. Don't focus only on what you can't do or let yourself be overwhelmed with regret or anger over what caused the injury. Remember, this should be temporary and you can follow the recovery plan to help your body heal. Be patient with yourself.

### Set goals

Setting goals is just as important for healing from an injury as it is for improving your performance when you are healthy. Setting realistic [SMART goals](#) gives you milestones to reach along the recovery process. This can keep you engaged, motivated, and on track with your rehab plan. Goal setting has also been shown to improve rehab through bigger strength gains compared to people who don't set goals.

### Seek social support

Social support plays an important role in maintaining your mental fitness after you've been injured and during recovery. A high level of social support plays a big role in reducing the negative effects of an injury. For example, social support can lower how low you feel by the injury and help you stick to your rehab program so you can [recover better](#) and faster. You can find and [build social support in many places](#). Learn more about social support networks at HPRC's ["#GotMySix"](#) campaign.

## Stay Safe and Sane this Holiday Season

This season has many more challenges than the typical holiday year. The thankful and generous themes usually lead us to reconnect with our existing support networks. Due to necessary distancing recommendations, this won't be as easily accomplished although still very important. Here are tips to consider to help keep you and yours safe and sane:

- Keep a mental health plan: Relax, breathe, and enjoy. Make time for self-care. Do something nice for yourself.
- Find a crew and stick with it: Give the gift of kindness by helping others.
- Know the risk of infection in your area: Get outside, mask up, split up, and wash up.
- Visit family and friends wisely: Reach out to those you miss most virtually if necessary.
- Keep things in perspective: There is hope next year will be much different.
- Enjoy holiday food favorites: Smaller portions and eating more slowly will help control those seasonal calories. Learn to make favorite dishes someone else usually makes.
- Stay active: Trying a seasonal activity. Exercise every day even if it's only for 10mins. Outside is fairly safe (with distancing), and great for your mental health. Go play!



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## Weight-loss Supplements: What You Should Know

Are you trying to lose weight, get “cut,” meet body-composition standards, or just be healthier? Weight-loss supplements might be tempting. Before you take one, here are 4 things you should know.

### 1. There’s little evidence that they work.

- a. Common ingredients marketed for weight loss that lack enough research include:

Capsaicin  
CLA  
*Garcinia cambogia*  
Green coffee bean  
Raspberry ketone

- b. If the marketing claims sound too good to be true, they probably are.

### 2. They often contain stimulants.

- a. Too much or too many stimulants could result in dangerous side effects.

- b. Examples of stimulants in weight-loss supplements include:

Synephrine or bitter orange (*Citrus Aurantium* L.)  
Yohimbine  
Hordenine  
Theobromine  
Phenethylamine (PEA)

### 3. Some weight-loss ingredients are prohibited for use by Military Service Members.

- a. Examples include DMAA, DMBA, ephedra, and methysynephrine

- b. NAVMED Policy 07-011 states that Naval Medical Treatment Facilities “will not fill prescriptions written by civilian, non-federal providers for any medication used exclusively for...weight loss.”

### 4. They can’t replace diet and exercise.

- a. Weight-loss supplements are not “miracle pills.”

- b. The keys to losing weight and keeping it off are:

Eat plenty of colorful fruits, vegetables, grains, and beans  
Engage in daily physical activity  
Set realistic weight-loss goals

For more information, please see the [articles about weight loss on opss.org](https://www.opss.org/articles/weight-loss).



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## Chili Bean-Stuffed Twice Microwaved Potatoes

Potatoes are a favorite for most people! Stuffing them with beans, not only makes them a complete, delicious meal, but also adds fiber and more nutrients. Add more from the “optional ingredients” box to make this your own. Serves 4.

### Ingredients:

2 large baking potatoes  
1 cups shredded sharp cheddar or Colby cheese  
1/2 cup Greek yogurt or sour cream

### Fast Bean Chili:

15 oz can red kidney beans, rinsed and drained  
15 oz can white cannellini beans, rinsed and drained  
3/4 cup tomato sauce  
2-3 teaspoons chili powder, to your taste  
1/4 teaspoon dried oregano  
Salt to taste

### Optional Ingredients: amounts as you desire

jalapeno	onion	salsa
mushroom	leftover steak	leftover chicken
bell pepper	olives	bacon
garlic	herb	lime
Tomato	spinach	broccoli
avocado	cilantro	parsley
(so much more, be brave!)		

Rinse and pierce each potato with a knife or fork to allow steam to escape. Place a paper towel inside the microwave and place the potatoes on each corner. Cook the potatoes on HIGH for 5-6 minutes. Turn the potatoes over and cook for another 5-6 minutes. They should be slightly soft when squeezed. Remove from the microwave and allow to cool for 10-15 minutes. This makes it easier to scoop out the insides without tearing the shell.

Bean Chili: Place the beans, tomato sauce, chili powder, and oregano in a microwave safe bowl. Stir to combine. Cook on high 5 minutes, stir halfway through cooking. Taste and season with salt as needed.

Slice potatoes in half lengthwise and scoop out the inside of the potato leaving a 1/2 inch thick shell. Place the insides of the potatoes in a bowl and coarsely mash. Add the chili beans and 1/2 cup of the cheese, stir to combine.

Spoon this mixture back into the potato shells. Place on a microwave safe plate or pie pan like the spokes of a wheel.. Sprinkle remaining cheese on top of each half.

Cook on HIGH 2-3 minutes until the cheese is melted. Place a scoop of the yogurt or sour cream on top and enjoy!

## Peppermint Bark: Merry Christmas!

We recognize that treats are fine when eaten in moderation. 2020 has been a crazy year, so we thought we'd throw in this extra recipe for you to share with friends and shipmates. We hope the holidays and the New Year bring you peace and good health.

### Ingredients:

12 oz dark or white chocolate chips  
2 teaspoons vegetable oil  
1/2 teaspoon peppermint extract  
4 regular sized candy canes, crushed

1. Line cookie sheet with parchment paper.
2. Cook first 2 ingredients on HIGH for about two minutes. Stir in extract.
3. Spread on cookie sheet, sprinkle and press candy in on top while warm.
4. Refrigerate for at least an hour.
5. Break apart and split into 6-8 servings.
6. Bag up and share!

